

# Health And Well-Being

## Take The Challenge: Learn Why Weight Matters

(NAPS)—According to the Centers for Disease Control and Prevention, two out of three adults (68 percent) are affected by excess weight or obesity.

This statistic is a cause for alarm because with excess weight and obesity comes a host of health implications. Individuals affected by excess weight and obesity are at a much greater risk of developing major conditions, such as diabetes, hypertension, sleep apnea and many more. Statistics show that individuals typically do not address their weight, if at all, until they are diagnosed with one of the above-related conditions. The Obesity Action Coalition (OAC) is leading the charge to reverse this trend through the “Your Weight Matters” campaign and get individuals to start talking about their weight before they are diagnosed with one of the many weight-related diseases.

### Why Does Weight Matter?

Weight matters to people in many different ways. For some, weight might matter to them because of how they look. Or maybe it's that number on the scale that's been haunting them for years. There are different reasons why weight matters to each of us; however, the most important reason is health.

Research has shown that there are many serious health implications accompanying excess weight. Weight can even affect emotional health as well. It is not uncommon for someone dealing with weight issues to be affected by depression or a lack of self-confidence.

Yet, it's not always easy to recognize when excess weight is jeopardizing health. In fact, most Americans do not realize that they are overweight or even at risk for weight-related conditions until faced with a serious health risk.



**Measuring Up:** To address the weighty issue of weight, Americans are being challenged to connect with their health care professionals through the “Your Weight Matters” campaign.

### Is Your Weight Impacting Your Health?

The best way to determine if your weight is impacting your health is to get involved in the “Your Weight Matters” campaign, a national awareness initiative aimed at getting the American public talking about their weight as it pertains to their health. The campaign challenges all Americans to measure their weight and open the often-avoided discussion with their health care professional about it.

The campaign website, [www.yourweightmatters.org](http://www.yourweightmatters.org), contains a wide variety of weight- and health-related information and offers you the tools to assess your weight and learn more about weight-related conditions. By taking the campaign challenge, visitors receive a free “Your Weight Matters” e-toolkit, including a food log, exercise tips, helpful resources and much more. Knowing how weight impacts you and achieving a healthier weight are vital to your health and well-being.

### Challenge Yourself Today

Take the “Your Weight Matters” Challenge by visiting the website at [www.yourweightmatters.org](http://www.yourweightmatters.org) or by calling 800-717-3117.

### Did You Know?

To help people achieve a healthier weight, the Obesity Action Coalition is challenging the public to assess their weight and talk to their health care professionals about weight and wellness through its “Your Weight Matters” program. For more information, visit [www.yourweightmatters.org](http://www.yourweightmatters.org) or call 800-717-3117.

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